

# Breastfeeding Support in Waterloo Region

## During COVID-19 Pandemic

Breastfeeding is a normal way to feed your child. Successful breastfeeding can be helped by holding your baby against your chest immediately after birth, skin-to-skin; by breastfeeding often in the first hours and days of your child's life and proper positioning of your child at your breast. Health Canada recommends exclusive breastfeeding for the first six months of life and continuing for up to two years and beyond.

For information on safe breastfeeding practices for those experiencing symptoms of COVID-19, see the breastfeeding section of our [Adults and COVID-19 webpage](#).

See the next page for a list of local services for information and support in breastfeeding.

### In your breastfed baby's first few weeks, you know that your baby is doing well if:

- your baby is feeding well at least eight times in 24 hours. Feeding more than eight times in 24 hours is also normal
- your baby is back to birth weight by about two weeks of age
- your baby's mouth is wet and pink, your baby's eyes look bright and awake and your baby comes off the breast looking relaxed and sleepy
- your breasts feel softer and less full after breastfeeding
- you can see and hear your baby swallow at the breast
- your child's wet and soiled diapers are in line with the chart below

Your baby's age	1 day	2 days	3 days	4 days	5 days	6 days
<b>Wet Diapers</b>	At least one	At least two	At least three	At least four	At least five	At least six heavy
<b>Soiled Diapers</b>	One to two green or black	One to two green or black	At least three brown, green or yellow	Three brown green or yellow	Three, getting more yellow	Three large, soft, yellow and seedy

### It is important to contact your health care provider or Telehealth at 1-866-797-0000 if:

- your baby is very sleepy and hard to wake for feedings
- your baby is crying and will not settle after feedings
- your nipples are sore and are not getting better
- you have fever, chills, flu-like symptoms, or a red and painful area on your breast

**If you need breastfeeding support or information, the following services can help. Contact the service for an appointment:**

<b>Name of service</b>	<b>Description</b>	<b>Location</b>	<b>Contact information</b>	<b>Cost</b>	<b>Services delivered</b>
<b>Public Health Breastfeeding Services Clinic</b>	One-to-one virtual or phone based breastfeeding support with a Public Health Nurse – Mon–Fri	Waterloo Region*	519-575-4400 <a href="mailto:PregnancyAndBreastfeedingTeam@regionofwaterloo.ca">PregnancyAndBreastfeedingTeam@regionofwaterloo.ca</a>	Free	- Virtual - Phone  - In person as required
<b>Breastfeeding Buddies</b>	Get matched with a trained volunteer who has breastfed. One-to-one support and learning opportunities  <a href="http://www.breastfeedingbuddies.ca">www.breastfeedingbuddies.ca</a>	Waterloo Region*	<a href="mailto:bfbuddies@kdcchc.org">bfbuddies@kdcchc.org</a>	Free	- Virtual - Phone - Text - Email
<b>LatchedOn Paediatrics</b>	Breastfeeding support with Tara Shantz IBCLC, NP, RN. Mon–Fri  <a href="http://www.latchedon.ca">www.latchedon.ca</a>	Waterloo Region*	519-585-3100	Covered by OHIP –Mileage fee may apply	- In clinic - Home - Phone - Virtual
<b>Cambridge Paediatric and Breastfeeding Clinic</b>	Breastfeeding support by Paediatrician Philip Mantynen MD FRCP (c) and Diana Ritchie RN, IBCLC  Referral from your doctor or midwife is preferred	200 Franklin Blvd. Cambridge	519-620-3600	Covered by OHIP	- In person - Phone
<b>Two Rivers Family Health Team Lactation Consultant</b>	Breastfeeding support with a Lactation Consultant available for patients of Two Rivers and those of Dr.'s Ahimbisibwe or Dr. Wadsworth only	350 Conestoga Blvd. Unit B15, Cambridge	519-629-4615 ext. 271	Covered by OHIP	- Virtual - Phone - In person
<b>Woolwich CHC</b>	Lactation support services and additional outreach programs for rostered clients of the Woolwich Community Health Centre  <a href="http://www.wchc.on.ca">www.wchc.on.ca</a>	Woolwich, Wellesley and Wilmot townships	519-664-3794	Covered by OHIP	- Virtual - Phone - In person

<b>Name of service</b>	<b>Description</b>	<b>Location</b>	<b>Contact information</b>	<b>Cost</b>	<b>Services delivered</b>
<b>Tania Heinemann IBCLC</b>	Virtual classes, and virtual, phone and in person consultations (referral required for OHIP)  <a href="http://www.yellowood.ca">www.yellowood.ca</a>	Waterloo Region*	519-716-0956 <a href="mailto:Yellowood73@gmail.com">Yellowood73@gmail.com</a>	Covered by OHIP or private insurance	- Virtual - Phone - In person
<b>Full Circle Lactation Services</b>	Private Lactation Consultant Simone Coulter RN, IBCLC (referral required for OHIP)  <a href="http://www.fullcirclelactationservices.ca">www.fullcirclelactationservices.ca</a>	Waterloo Region*	519-897-9560 <a href="mailto:FullCircleLactationServices@gmail.com">FullCircleLactationServices@gmail.com</a>	Covered by OHIP	- Phone - Virtual - Text - Email
<b>Nourishing Foundations</b>	Private Lactation Consultant Bethany Heintz RPN, IBCLC (referral required for OHIP)  <a href="http://www.NourishingFoundations.ca">www.NourishingFoundations.ca</a>	Waterloo Region and Wellington county	519-546-5874 <a href="mailto:bethany@nourishingfoundations.ca">bethany@nourishingfoundations.ca</a>	Covered by OHIP	- Virtual - Phone - Home visits
<b>LaLeche League</b>	Accredited leaders guide individual or group discussions and provide support to breastfeeding parents	Waterloo Region*	<a href="http://www.lllc.ca/get-help">www.lllc.ca/get-help</a>	Free	- Virtual - Phone - Email
<b>Mothers Own Lactation Services</b>	Private Lactation Consultant Rupinder Sadhara RPN, IBCLC  <a href="http://www.mothersown.ca">www.mothersown.ca</a>	Waterloo Region*	226-989-2553 <a href="mailto:mothersownlactation@gmail.com">mothersownlactation@gmail.com</a>	Fee based	- Phone - Email - Virtual - Home visits
<b>Uptown Lactation Services</b>	Private Lactation Consultant Nichole Wagner RN, IBCLC	Waterloo Region *	519-589-8915	Fee based	- Home visits
<b>Bossy Boobs Lactation</b>	Private Lactation Consultant Brittney Owen RN, IBCLC  <a href="http://BossyBoobsLactation.com">BossyBoobsLactation.com</a>	Waterloo Region*	519-722-8449 <a href="mailto:BossyBoobsLactation@gmail.com">BossyBoobsLactation@gmail.com</a>	Fee based	- Phone - Virtual - Home visits
<b>Ashley Pickett IBCLC</b>	Private Lactation Consultant– Screening required for home visits	Waterloo Region*	647-969-0433	Fee based	- Phone - Text - Home visits
<b>Private Lactation Consultant services</b>	International Lactation Consultant Association (ILCA). Click on “find a lactation consultant”	Waterloo Region*	<a href="http://www.ilca.org">www.ilca.org</a>	Fees vary	- Varies

\*Cambridge, Kitchener, Waterloo, North Dumfries, Woolwich, Wilmot and Wellesley

## Breastfeeding resources at no cost:

### Breastfeeding Your Baby booklet

An informative guide to breastfeeding your baby. It can be accessed online at:

[www.regionofwaterloo.ca/en/health-and-wellness/resources/Documents/BreastfeedingYourBabyBooklet.pdf](http://www.regionofwaterloo.ca/en/health-and-wellness/resources/Documents/BreastfeedingYourBabyBooklet.pdf)

### Breastfeeding Your Baby videos

Short and informative videos covering a variety of breastfeeding topics. They can be accessed through the ROWPublicHealth YouTube channel:

[www.bit.ly/BreastfeedingVideoPlaylist](http://www.bit.ly/BreastfeedingVideoPlaylist)

### Telehealth Ontario 1-866-797-0000 or TTY: 1-866-797-0007

Support from a registered nurse trained in breastfeeding and lactation support over the phone 24 hours a day, seven days a week

## Online prenatal programs which include breastfeeding:

Name of Service	Description	Contact information	Cost
Public Health Online Prenatal	Four separate web-based and mobile friendly e-classes that include audio, videos, animations and games to help you learn about pregnancy, labour and birth, breastfeeding and taking care of your newborn	<a href="http://www.Regionofwaterloo.ca/onlin prenatal">www.Regionofwaterloo.ca/onlin prenatal</a>	Free
Cambridge Memorial Hospital (CMH)	Free virtual prenatal classes to CMH/Midwife patients who are 34-36+ gestation	<a href="mailto:theinemann@cmh.org">theinemann@cmh.org</a>	Free
Breastfeeding Buddies	Free virtual prenatal classes and Latch & Learn virtual group sessions	<a href="http://www.breastfeedingbuddies.ca">www.breastfeedingbuddies.ca</a> <a href="mailto:bfbuddies@kdchc.org">bfbuddies@kdchc.org</a>	Free

This document is available in accessible formats upon request.

[www.regionofwaterloo.ca/ph](http://www.regionofwaterloo.ca/ph)

519-575-4400 TTY 519-575-4608 Fax 519-883-2241



Region of Waterloo  
PUBLIC HEALTH AND  
EMERGENCY SERVICES